

QC

SPACES:
Backyard retreat
trumps lake
getaways **P. 14**

ON THE SCENE:
At the RSO's rooftop
Opera Gala preview
P. 20

CITY FACES:
Enriching experience
for Pasqua Hospital
volunteers **P. 26**



MORE ON THE FLOOR

**SPORTS ENTREPRENEUR
ADAM HUFFMAN BRINGS
THE BEST OUT OF HIS
DOGGPOUND KIDS P. 4**

DOGGPOUND
KIDS

You're at home here.



GROCERY

- Great selection
- Quality store brands

PRODUCE

- Fresh premium products
- Fresh Value Added Fruit & Vegetable Trays prepared daily

MEAT

- Premium meat still available to order to meet your individual needs

DELI

- Everything you need for easy entertaining
- Fresh & Convenient Sub Sandwiches for the healthy lifestyle

BAKERY

- Baked to share from scratch recipes daily
- Special order cakes for all occasions

PHARMACY

- Professional Pharmacists available for consultation
- Prescription compliance packaging

SPORT & LEISURE Giveaway - SEPT 9TH - NOV 22ND, 2013

Shop Often, Enter Often at your Sherwood Co-op Food Stores on Rockdale Boulevard and Quance Street East locations.

Receive a stamp for every \$10 purchase. Each time you fill a stamp card, Enter for your chance to WIN!



SHERWOOD CO-OP FOOD STORE

NORTH

Rockdale & McCarthy
306-791-9345

EAST

Quance St. East
306-791-9350

Hours: Mon.-Fri. 9:00 a.m. - 9:00 p.m.,
Sat. 8:00 a.m. - 8:30 p.m.,
Sun. 9:00 a.m. - 7:00 p.m.

**\$2.5 MILLION
PAID BACK TO MEMBERS
IN 2013**



Sherwood
CO-OP EQUITY & CASH BACK

INDEX

ON THE COVER PG. 4



Adam Hoffman runs a popular basketball camp for kids in Regina. **QC PHOTO BY BRYAN SCHULZIGER**

TABLE OF CONTENTS

ON THE COVER — 4

Adam Hoffman is boosting children's confidence and skills in basketball camps

IN THE CITY — 8

Gasburning a moment in time

FASHION — 10

Chelsea Grata dresses outside the box

PARENT TO PARENT — 11

MUSIC — 12

Six Moons later can count their lucky stars

INVENTORY — 13

At Cumberland Giftshop

RACES — 14

Backyard without beats a cabin outside the city

GARDENING — 16

It's swap season and columnist Ed Swenson has advice for clearing them out

READ MY BOOK — 17

Alison Lohans writes fiction for teens and adults

EVENTS — 18-19

ON THE SCENE — 20, 22

The Regina Symphony Orchestra provided its first concert of the season on Aug. 28

CROSSWORD AND SUDOKU

— 21

OUTSIDE THE LINES — 23

An original creation every week by Stephanie McKay

WINE WORLD — 34

Blumius is a wine for everyone

ASK BILLIE — 34

CITY PAGES — 36

Proton Hospital volunteers spread cheer and share the wealth

SHARP EATS — 37

Urban agriculture projects engage community

MY FAVOURITE PLACE PG. 9



David Bevilacqua's favourite place in Regina is the Westside United Church. **QC PHOTO BY BRYAN SCHULZIGER**

QC is published by the Leader-Post — a division of Postmedia Network Inc. — at 5564 Park St., Regina, Sask. S4N 3S4

Rob McLaughlin is editor-in-chief

For advertising inquiries contact 784-6221; ad sales 381-5446; home delivery 181-5212. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information contact the editor at 381-5446

ON THE COVER

Adam picked up these kids who had nowhere else to play and started his own team.

—Teana Walker

ADAM HUFFMAN AND DOGGPOUND HOOPS

Helping local hoop dreams come true



Adam Huffman runs DoggPound Hoops, a basketball camp in Altamira that builds skills and self-confidence in youth. QC reports by TEANA WALKER

By Andrew Matte

Shwede Woodcock admits to being a bit of an introvert.

But that was before she became an volunteer in DoggPound Hoops, a unique youth sports camp that builds basketball skills and self-confidence.

"The best thing is that basketball gives you something to talk about. That's a great starting point and great conversations go from there," says Woodcock, 35.

"We all come out of our shells in playing me."

Woodcock can't reach different from the dozens of young basketball

players who so enrolled in camps organized by DoggPound Hoops, a three-year-old enterprise started by Adam Huffman, an Altamira-born entrepreneur with a passion for education, youth and basketball — and combining them as a successful business.

While he's called a few brothers in the sports community for introducing new concepts and encouraging an occasional teen athlete to seek post-secondary school scholarships outside the Queen's City, compliments from educators, kids and their parents speak louder than the statistics.

Woodcock paid camp fees when she first attended a few years ago, but to

day attends for free in exchange for her coaching. With universities interested in recruiting her for their basketball teams, she's confident a scholarship is in her future. Huffman and his philanthropic approach for helping her grow as a person and athlete get the credit.

"They believe in every kid we coach. And they are things in every kid. And they get us to see things in ourselves sometimes," says Woodcock, a Grade 12 student at Regina's Campbell Collegiate.

DoggPound has wanted it to be a family. And they have achieved that.

"You have to learn how to come out

of your shell. But when you have people helping you do that, it's no crash course."

Huffman was born in Wyoming before his family moved to Altamira and eventually to Alberta where Adam's parents had been turned by the oil boom.

A natural athlete at 14, Huffman was recruited to play for the University of Regina Rams basketball team. But it didn't take too long for his interest to turn to basketball.

"I realized that they played football in some pretty cold weather in Saskatchewan," Huffman, 36, recalls. "I ran into the basketball coach and that was where it started."

Huffman enjoyed success with the Rams while earning a degree in sports administration. Along the way, he began working with kids seeking informal teams and helping young students improve their basketball skills. Over the years, he recognized the growing demand from youth who wanted to play basketball but didn't have much opportunity beyond the playgrounds and covered sports on club and high school teams.

Today, there is a demand for my basketball camps that I just don't even come close to meeting.
—Adam Huffman



Sherrill Handcock, a 17-year-old basketball player, at her home in Regina, on Wednesday, Sept. 4, 2013.

Travis Walker was among the first to be drafted by Huffman's company for kids that out of organized basketball and has ability to lead confidence and skills in others.

In 2007, when Walker's 16-year-old son, Brady, wasn't able to crack the lineup of a league squad, Huffman decided to coach and create a new team made up of left-out players.

"Adam picked up those kids who had nowhere else to play and started his own team. So parents helped get him some gym time and it was very successful. It turned out that some of these struggles would pay back

ing some of these established club teams," says Walker.

Over the years, Huffman went on to coach high school, club and provincial basketball teams, as well as for the Royals. He also worked at Bosch Electric where he developed its drop in basketball program.

And it was in 2010 as he planned to return to the U.S. when he realized the potential for growth in basketball training for Regina youth.

"I got a call from a mother who asked me to work with her son and help him with his skills for a few weeks," Huffman recalls. "Then it be-

came four kids. Then I was told I had to start booking gym. So I started doing the math. My girlfriend did up a sheet of a vehicle for me and I had 35 kids email me to say they were in trouble."

Doggpound Basketball Academy started with workshops for kids wanting to learn skills outside of their schools and club teams. And because of the demand from kids who couldn't afford to enroll, Huffman waived fees for those who agreed to pass on what they learned by staying after their own sessions to help new players. For younger Doggpound



Adam Huffman keeps an eye on the action.

QC PHOTO BY BRIAN SCHLAGER

participants

"When I started, I had several coaches hired. But what I realized is that there are enough players who just want to hang out and be around a gym. There are a lot of guys who will just help and that helps keep costs down," says Huffman, who has rented gym space across the city and in small towns in southern Saskatchewan to host year-round basketball camps for kids of all ages. (If you're 30, you participate in the Poppo Pound.)

"Today there is a demand for my basketball camps that I just don't even come close to meeting," he says.

"They need training. The problem is that these kids go to games of their high schools or at their club teams. But the reality should be four practices on every game. And right now, it's the exact opposite," Huffman says.

"At Doggpound, we teach everything from conditioning to skill work and team concepts that are a part of the high school and college games."

For the last two years, the Doggpound has hosted a spring showcase that is attended by colleges and outside coaches willing to travel to Regina to see Doggpound athletes that they staff.

Fees for Doggpound clinics vary. Parents pay \$25 for an eight-week

program or \$99 for month or week long clinics. Individual training is also available for between \$100 and \$250 per month.

Huffman says much of the new demand for his clinics is attributed to Regina's diversifying ethnic makeup and the growing number of kids from all economic backgrounds.

"When someone sees a Doggpound clinic, they probably don't know that half the kids who are there didn't pay a dime," he says.

If you walk into my program, you see Filipinos, Indonesians, Nigerians, kids. It's endless. My gym is super ethnic. I started with one Filipino kid a few years ago. And now there are more than 30 kids because every time a kid moves here, their friend grabs them and brings them to my program."

Tyson Walker credits Huffman for helping her son through his early years in sports and supporting his basketball skills, which have come a long way since being left out of a club team at 14. This month marks his third season at an Alberta college, which offered him a multi-year scholarship to play basketball.

"That's attributed directly to the time he spent at Doggpound," Walker says.

Continued on Page 6

The rough stuff stays on the street. The kids know they are coming to play basketball. — Huffman



"Really comes from a rigid family and Adam has helped him get some self-esteem and show that on the court. Adam has given my son a win. It's always about teaching good sportsman ship. You don't pick on your teammates. You don't bring them down. You bring them up," says Walker, who never had qualms about paying \$10 to Huffman.

"The rough stuff stays on the street. The kids know they are coming to play basketball. And that's the beauty of the club, that it includes kids from every rough neighborhood in the city and kids are on the same team no matter where they're from."

Lance Turchett, 14, also never sheds Huffman and his coaches, but admits players are eager to do as much hard work as he can for the lessons in basketball and life.

"There are a lot of drills and a lot of warm-ups. They really get you going and they really push you hard," says Turchett.

"It's like getting 10 lessons in the form of basketball practice. They show you not just how to be a great basketball player but also a great person."

"That's what happened to me about 15 or 20 years ago. I was a head banger, people up to the next level, whether it's on the court or in real life. It has helped me become a better all-around person."

♦ ♦ ♦ ♦

As successful as Duggan had been, from early on and otherwise, there have been bumps along the way. Huffman has been accused of letting his competitive nature get the best of him, such as encouraging skilled players to switch to O'Moore High School where Huffman led the O'Moore Titans to two consecutive city championships.

"I am not a loud guy as I have worked really hard at this. People thought I wouldn't stick around. People don't know the whole story, like I help arrange for transportation, picking up and taking (kids) home again," Huffman says.

Jim Fekola, a teacher at Ballou Collegiate and basketball coach at the storied Ballou High School, said he's not surprised Huffman's been criticized, even though he looks him for his success.



Players are expected to work hard at Adam Huffman's basketball camp. GC PHOTOS BY KIMMY ACHILLEFF

I know him well enough to know that he's well meaning and wants to bring basketball to kids who normally might not be able to afford it. — Glen Fekula

"You can't have somebody leading a program like that and not have people talk negatively about it. I think that sort of thing will happen whenever somebody starts a high performance club like that. But generally I applaud him for doing what he's doing," Fekula says.

"When somebody is willing to put a little extra time and energy into something, you have done the taxpayers. There are taxpayers with everything."

Huffman has benefited kids from poor neighbourhoods, Fekula adds.

"I know him well enough to know that he's well meaning and wants to bring basketball to kids who normally might not be able to afford it," he says, adding Huffman is also enjoying basketball's rising popularity in the city.

"When I open the door to my equipment room, I tell the kids they can choose whatever they like. They don't choose free hockey sticks. They pick up the basketballs."

Fekula also dismisses any suggestion

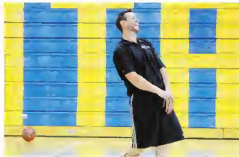
Huffman is guilty of high school recruitment. "We're not aware of any kid who went across town to go to O'Neil."

Today Huffman is happy he has one thing to grow Duggan by climbing the battle for free time by building his own facility and attending a private high school with no emphasis on sports education.

"I never thought I'd use my degree for anything because I have been an entrepreneur since I was 13. I was plowing driveways and that sort of thing. I always knew I wanted to be my own boss," says Huffman.

When I started coaching basketball, the kids from Huffman and Campbell hated each other. Now they're playing ball together in the summer. They're borrowing Duggan jerseys to go to tournaments. I once have kids who take all white T-shirts to write Duggan on them.

"What I'm most proud of is that it's a family atmosphere. And I think I've achieved that."



"What I'm most proud of is that it's a family atmosphere," says Adam Huffman. (C) PHOTO BY KAREN SCHUBERT

CARPET CLEANING

- Bedrooms \$20
- Deep Cleaning
- 3 Truck Mounted Units

\$80⁰⁰

Living Room & Hall

Expires September 30th

Min. charge \$80.00

543-5913

Gift Certificates Available

MERIT CARPET CLEANING

THE Craig Adam

REAL ESTATE TEAM

Professionalism. Integrity. Results.
Serving Region 4 & Surrounding Areas

304-761-2288
www.CraigAdam.com CA
Rene Gault
306-221-1111
Michelle Duncan
306-221-1111
Diana Duncan
306-221-1111
Cindy Adam
306-221-1111
Jennifer Miles
306-221-1111

Back to Class Special!

Supplies for:
Dance, Cheerleading, Fitness, Gym, Skating & Yoga

Bring this Ad for

10% Off

Regular Product Prices
Maximum Discount \$20.00
Expires Sept. 30/2013

Dancer's Den Dancewear

1630 Albert Street • Regina • SK • S4P 2S8
Phone (306) 352-3858 Toll Free 1-800-685-3858
www.DancewearNow.com

Remember when you enjoyed eating?

MMMMM... Bread - Enjoy it so many ways!

Cathedral Bakery

When Taste Matters

Bring this coupon to Cathedral Bakery at 2130 Robinson Street and receive **20% off** your total purchase.

Coupon expires September 30, 2013
Coupon has no cash value. Cannot be combined with any other offer.

www.cathedralbakery.ca
Phone 306-522-3761

IN THE CITY

AUGUST 29, 2013 — 10:19 A.M.

Cops on a roll



Virginia State Police officers Constable Chelsea Kozlowski, left, and Constable Phillip Phillips on patrol on what would become a sweltering day in downtown Virginia. GC PHOTO BY DAN HEALY

YOUR FAVOURITE PLACE

What's your favourite place in Regina? Email qc@leaderpost.com

MY FAVOURITE PLACE

Westminster United: a community in a community

By Will Chabon

At Westminster United Church, Darrell Beane opens the door to his office with a framed beside him — an unusual border collage/Lab/scribbler was named Delta.

Based in 1812 in Westminster Presbyterian Church, it opened the next year (the pews arrived late, say on temporary newspaper clippings which also note its similarity to an other nearby Regian church, First Baptist).

To learn more about why it's a favourite place of Beane (pronounced "meane"), sit on down with him, and Delta too for a chat.

Q How did you come to find yourself at Westminster?

A I went from high school to space (Owen Heights now) doing production reports. Then, I started taking accounting classes at the university and eventually got into the corporate side after I had 30 years ago at 19.

At the same time, I was involved with my church, St. John's United Church, which is now the Rainbow Youth Centre.

One day a Saturday my minister phoned me and said, "Darrell, my dad died. Can you do the service to honour?"

I was chair of the worship committee — he said, "I have the whole liturgy ready — you just have to write a sermon."

I didn't realize that my sermon needed to be more than three pages long.

When then, I decided I was going to take what they called the lay non-scholar's course I think that then started "pulpit supply" here in the city and in rural areas. You only do Sunday morning (you don't do any thing else).

I was in congregation, especially those that didn't have regular incomes, I was a need.

And at the same time, I felt like my spiritual awakening was happening



Rev Darrell Beane inside Westminster United Church, his favourite place in Regina. qc@leaderpost.com

I felt compelled, pulled, to go there, and at the same time, working on the corporate world, where people made jobs of money and were never happy.

It's just all connected.

I went on a three-year "Bacon's crew" with a group of people out, and at the same time, working on the corporate world, where people made jobs of money and were never happy.

I was serving in my first position charge, at Regan's Beach and Bell House. One day I got an invitation to apply for the position here. I was not prepared to move from where I was. I was to be there for three years and I'd just finished my first year of regular ministry.

Then I got an email — again — saying "I know, we're closing the competition in a couple of days." I thought, "What the heck?" I'd throw my hat in the ring. And out of seven candidates, I got chosen.

Q Where do you like about Westminster United and the community?

A The Cathedral seems to have a small town in Regina. You have a grocery store, the butcher shop, the bakery, the little restaurants, they're all unique little places. The community is made up of unique people in the sense that it's diverse. It's partly people of wealth and partly people that don't have wealth.

There is, what I think, a real sense of community when I see what's happening, especially around Christmas time.

It's a community that knows how to welcome. Look at the Cathedral Village Arts Festival — I'd never been to it until two years ago. I was just taken aback at the excitement and the energy that came out of that from the community and the people who came to it. It was explosive!

When we talk about the diverse groups of people in the community, we have a large writer (journalist) and what I call "the greenback" — a lot of people who want to be green, people who are looking at the environment.

It's also my understanding that there is a gay and lesbian community in this area, which is something we haven't tapped into. I think we're learning about that.

Then, there are the people who have a long history within this community — people who came here as children and as adults and maybe as seniors now. They're part of that community as well and they know a lot about the history of Regina, the history of the community and the history of the church. I've had people come in here and tell me stuff about this church that other people didn't know about.

It's just an interesting place.

FASHION

SASKATCHEWAN FASHION

Chelsea Gruza: Dressing outside of the box

By Angelina Irimici

Chelsea Gruza's love for fashion all started with a bow. The 23-year-old considered herself a tomboy but when she was about 10 years old, she saw the shirt that Weekly changed her life. She was shopping with her sister when she spotted a top with a great bow on the front and realized, suddenly, she was down to not only a girl's shirt, but a very feminine one. Since then, Gruza has created a style all her own, which she calls Simply Chelsea. Her style is unique and although some times she gets a second glance from someone walking down the street, she stresses the importance of being yourself.

"I'm my own muschick, bald and these people just make the music go louder," she explains. Her wardrobe is always outside of the box.

"I didn't know how to be in the top but once I got in I wanted to be out," Gruza says.

She says that she'd rather be in a bubble where her style can change and grow. She's a more fully understood the box and plus a bubble can fit more people.

Gruza's been fitting other people in her bubble for the past five years volunteering her time as a stylist. She is styled countless photo shoots in Saskatchewan and working with local businesses.

Gruza says that she's fascinated by all aspects of fashion — from the latest in magazines and photographic techniques to her "wake up and the history and culture of fashion."

"I was that kid growing up that needed to know everything and the one thing about fashion is that you can't know everything about it right now," she says.

"You can definitely learn what you can but it's continuously growing, it keeps on evolving."

When it comes to styling, Gruza also adds her own personal flair to the look by dipping into her cat's hair. "I think that she says Mr. Sheep

would be proud of her," she says. The main thing is to keep in mind other people's wishes and the overall concept for the photo shoot.

"Everything has to complement each other. I never want to over-access or sell myself out." For Gruza, styling has been extremely to her five years ago while working at a local clothing store. She was approached by a customer to help style a shirt. People were impressed by her work and she got approached countless times after. Now Gruza is a go-to stylist in Saskatoon.

"I thought, 'This is a talent, why I just love it.' It's like dressing up Barbie, but with top kids," she laughs. She enjoys promoting the city's fashion scene, saying it's full of talented stylists, make-up artists, hair stylists and photographers made it and designers.

Although she has a lot of experience and has worked with numerous people in the local fashion industry, Gruza says that she's continuously learning every day. "Each shoot is a learning stone and allows for growth," she says. "If you can't learn something from something then you need to move on."

Gruza wants to take her love of fashion a step further, she's learning how to sew and is thinking about starting to do local design projects.

It's clear that fashion is more than a hobby — or even a passion — to Gruza. She jokes that fashion is her boyfriend because it takes up so much of her time. But really, it's a way for Gruza to express herself, gain confidence and prove to a person.

"It is the one thing that's never just back. There's always just more to this world and fashion never judges. It only allows me to grow and push the boundaries and to even find myself and for that I am ever so grateful."

QC PHOTOS BY MICHELLE BIRD



Outfit:

1. **MISS-MATCHED SADDLES** Le Chateau
2. **BLAZER** Value Village, but she added the studs herself. "Blazers are always going to be big, especially for back to school. I made it for a photo shoot but I ended up loving it and wearing it all the time."
3. **MEN'S SHIRT** Imaginary Foundation from Undergrad. "I did not buy clothes. Imaginary Foundation has some awesome, really killer art pieces."
4. **CHAIN NECKLACE** Stella & Dot
5. **RHINESTONE DOG TAG NECKLACE** Value Village
6. **TUTU-BRIT** Gogo. "I like to take something girly and mix it with something more rugged. It's kind of the whole story of my life being a tomboy then going into the girly side."
7. **BRIST** Le Chateau
8. **BRACELET** Value Village
9. **WATCH** Winners
10. **RINGS** Value Village and Stella & Dot
11. **BOOTS** DKNY from Winners. "I fell in love with the boots the minute I saw them."

NEXT WEEK: Were your pregnancies different from one another? Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked

What would you do, or what have you done, if your child is bullied at school?



"Our children very early on being, I would speak to the child first and the teacher next, if necessary. Just have that way that you're comfortable enough to talk to me about it, and help do all I can to ensure that they have a good experience at school." — Carla Gaudry

"Go to the other kid's parents and explain a meeting with them and the child." — Annette Lanoie

"Build children's self-esteem. Value your child's contributions and achievements. If your child is truly isolated at school, get them involved in community activities. Teach your children that if they see someone being bullied, they should not watch, laugh or join in. Help kids see the value of offering empathy and support to those who are bullied. Work with your child's school to educate others about the problem of bullying. Pay attention to be relationships in your children's peer groups. Inquire if children are included and address inappropriate behaviors. Model respect for behaviors at home and in your day-to-day interactions." — Joëlle Duro

Make sure the school really understands the

problem. I was bullied in school so talked to the principal myself. I was told, 'Don't worry, it's just an age phase and just pass with time.' Believe." — Brittany Proulx

"Watch Karate Kid (the action in the book) just." — Raul Michel

"My son was bullied in Grade 4 by an older boy. He had the knowledge and confidence to handle the situation by himself without any more violence. I only found out about it many years later." — Judy S

"That would be one of my biggest fears as you know what that is to happen to your child. If the other does happen, I would be very involved with the school, the other parents, but what is most important is making sure my child is super confident to be able to deal with these kinds of situations. So we work on confidence and self-esteem at an early age, and the importance of being an adult if this does happen. Sometimes dealing with the other people doesn't give the desired result and of your control." — Alyse Carmichael



STYLE | SHOPPING | SPIRITS

SEPTEMBER 13 & 14 2013 | REGINA
CONEXUS ARTS CENTRE

- Restaurant & top designers and lifestyle services
- New York style runway fashion shows
- Premium spirits and cuisine
- DJs and entertainment
- Culinary stage

\$20 ENTRY | \$30 VIP

PURCHASE TICKETS AT Code Clothing & Shoes
Just For You Day Spa, Conexus Arts Centre DSD
& at the door while tickets last
VIP tickets available only at Conexus Arts Centre DSD

Presented by

**Wheatland
Fireplace**
Better Living...Regist Here

Just For You
at a life connection

A K Insurance
SECURITY
CONCEPTS

PURCHASE RAFFLE TICKETS AT THE EVENT AND ENTER TO WIN GREY! PRIZES!

50 Grand Prize: An all-inclusive CARIBBEAN TRIP for TWO courtesy of Media Travel
Secondary Prize: 2 tickets to GREY CUP 2013 courtesy of the LeaderPost
Raffle Prize Sponsors:

Answer Plus Design
Bella Chic
Chris Castings
For Every Style

Leader Post
Martin Travel
Pink Lane Jewelry
Provena House Goods

Quintessence Lazer
Resume Brown-Jewelry
Nerve

Produce support



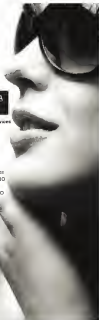
f #StyleShoppingSpirits

SJcanada.com

@StyleShopping

LEADER POST

at the Theatre at CONEXUS



MUSIC

We're on Facebook:
Visit us at Facebook.com/QCRegina

SIX MOONS LATER

Saskatoon band can count their lucky stars

By Angelina Irlinici

It seems Six Moons Later's stars have always been aligned. Even the band's name was basically an accident: drummer Matt McLaughlin made only read a movie subtitle as "six moons later" when it had actually been six months later. But, no matter, he thought Six Moons Later was a cool name.

Lead vocalist and guitarist Anna Haverstock and bass player and background vocalist Kate Blackport agreed.

The Saskatoon band's sound is heavily influenced by California — their music is up-tempo rock with a surfy vibe. They cover California bands like, and like, the Vandals. Haverstock has only been to California twice, she wants to make a lot of California on speed dial.

"I love it there and can't wait to go back," she says.

How they started is also by chance. Haverstock and McLaughlin met through a Kijiji ad that Haverstock posted in hopes of finding someone to jam with. She listed some of her favourite bands, which caught McLaughlin's eye, and the two jammed for around a year before deciding to form a band. Blackport joined shortly after.

Haverstock was already writing songs and recorded songs on her laptop. She got them pressed onto a CD to show some of her friends and family but when McLaughlin heard them he had a better idea.

"He got me out of my basement," laughs Haverstock. "I was too scared to sing in front of anybody but he's like, 'No, we're doing this.'"

McLaughlin takes the reins when it comes to organizing shows and decision making. "We wouldn't be doing what we're doing if it wasn't for Matt," says Blackport.

They even thank their lucky stars (and their skills again, because they didn't really mean to play the biggest show they're ever played).

The band auditioned for the Slea



Six Moons Later's Anna Haverstock (lead vocalist/guitarist), Kate Blackport (bassist/background vocalist) and Matt McLaughlin (drummer) slip into a cheeseburger joint in Nova Scotia to go to place for food while scoring their new record in Saskatoon. qc-photo by nicole anna

Creek Music Festival last St. Patrick's Day but with no intention of actually getting chosen, they just wanted more experience playing live. But, they did something right, because Six Moons Later was one of the bands chosen to play at the festival this past July.

"It wasn't expected," explains McLaughlin. "The intention wasn't there for that to be the outcome."

"I knew it sounds as really but it felt so cool we had the names with our band name and our names," laughs Haverstock. She adds that Nina Creek was her favourite show

they've played.

And everyone was super into," adds Blackport.

McLaughlin and Blackport's favourite show was at Avigo's in March — one that McLaughlin almost missed. He was in Alberta, but got a huge storm and desperately trying to get back to Saskatoon in time for the important show.

McLaughlin had always wanted to play at Avigo's and many of the band's friends and families once over. Call it their lucky stars or by chance but McLaughlin got there right in time to step on stage and

perform.

Two months later the band recorded for the first time together — for Haverstock and Blackport it was their first time over if you don't count Haverstock recording in her basement. They recorded four songs in three 10-hour days.

"The first day was the hardest, because we were playing whole songs over and over and we kept playing them really bad," says Haverstock. But then these stars aligned again. "At the end of the day we played all of these songs once, really well, out of nowhere."

They now planning to have a release party and show sometime next month, but it won't be the same. Blackport is moving from Saskatoon, but that doesn't mean it's the end of Six Moons Later.

"I have the rock star dream," explains Haverstock. "I've always wanted to do that and make a living off of it."

"Music is my life and that's where I put on taking it," adds McLaughlin. "I want to be a musician and that's what my plan is."

If their luck continues, the rock star dream may not be too far away.

INVENTORY

We want to hear from you: Tell us about your local business.
Email qc@leaderpost.com

CUMBERLAND GIFTSHOP AND GALLERY

The cool refuge of the Cumberland Gallery and Giftshop in the basement of the Legislative Building is uniquely Saskatchewan. From pottery to jewelry and art, nearly everything you can buy is made in Saskatchewan by local artisans. Not only are you supporting local, but all proceeds support Friends of the Royal Saskatchewan Museum. With Christmas just around the corner (sorry to remind you), that makes it the perfect place to pick up something from the Land of the Living Skins. A bonus when you shop by: Because the space doubles as a gallery, you can check out exhibitions by local artists. The store is open seven days a week, from 10 a.m. to 5 p.m. on weekdays, 10 a.m. to 4 p.m. on Saturdays and noon to 4 p.m. on Sundays and holidays.

1. TEDDIES IN TAIWAN For the child who has everything, these toddlers

handmade in Bejoia by Rette Grant feature the provincial crest. \$60 (boys), \$150

2. TASTING THE PRAIRIES Local foodstuffs from the lands of Zoe-lee Hancoy to Saskatchewan maple syrup and jelly. \$5.95 and up

3. STUNNING SILVER Handcrafted in Baboon by Lesane Long, the 60-year Band of fine-silver earrings and bracelets are styled from plants and objects found here. Maple seed and crystal earrings. \$160.

4. GLITTERING GLASS Finest glass prime tiles, hand-blown by Curpar artist Jacqueline Berling. \$95

5. PROVINCIAL POTTERY One-of-a-kind pieces of functional pottery created by Patricia Deitch-Pottery in Moose Jaw. \$200 and prices.



PICK.PLAY.WIN.

It's easy and fun to play ...
and most importantly it's **FREE!**

Register today for a chance to
WIN OVER \$6,000 IN PRIZES!
GRAND PRIZE is a \$2,000 travel voucher

Make your game picks against the spread - earn points - and you could WIN!

Top 50 contestants will be published in the Leader Post each Thursday in the sport pages. Prizes will be awarded to the top 20 finishers of each week - then our Grand Prize will be awarded to the overall top 10 finishers with the most points at the end of the regular season.

Register TODAY at www.leaderpost.com/gridiron



The author reserves the right to alter or discontinue this contest at any time without notice. The contest is open to all residents of Saskatchewan who are at least 18 years of age at the time of registration. Prizes are awarded to the top 20 finishers of each week and the overall top 10 finishers at the end of the regular season. The contest is open to all residents of Saskatchewan who are at least 18 years of age at the time of registration. Prizes are awarded to the top 20 finishers of each week and the overall top 10 finishers at the end of the regular season. The contest is open to all residents of Saskatchewan who are at least 18 years of age at the time of registration. Prizes are awarded to the top 20 finishers of each week and the overall top 10 finishers at the end of the regular season.

SPACES

Spaces celebrates beauty both indoors and out.
If you have a room we should see email
QC@leaderpost.com

SASKATCHEWAN'S BEST SPACES

Salt-water pool, outdoor kitchen trump cabin

By Angelina Irtinici

WHO Tom Williamson and his wife, Maureen

WHERE In Saskatoon's Silverwood Heights area

WHAT? Their large backyard, which is perfect for entertaining. It features an impressive salt-water pool, a paved patio, plenty of trees and more. A lot of work went into the yard, and a crane was even used to put in his and her change rooms. Tom loves to have company and cook in the outdoor kitchen, which has a fridge, barbecue, ice maker and sink. "I like it when the kids are here and the company is here and we have a barbecue," he says. "That's what I like (best) about the yard." He also has an old antique Coca-Cola fridge (used for beer) that he bought in 1997 for \$175. It's around 60 years old and Tom has been offered up to \$2,500 for it, but he hasn't plans to give it up any time soon. Tom spends most of his time relaxing on the couch, deck, having a nice coffee or eating lunch. The top of the deck is covered with an awning and glass panels to surround the table — perfect for watching the football game on the TV (that is mounted on the side of the home).

WHEN The Williamsons bought the north end home in 2006, when it was all grass, a few trees and had a shed in the corner. It took about three years to develop the yard to what it is today. The couple planted around 25 different trees including one special one they call the Johnny tree. As Tom's father Johnny passed away in 2000, he gave Tom money to plant a tree in his honour. Now the Johnny tree (a German pine) sits near the back of the pool in honour of his late father.

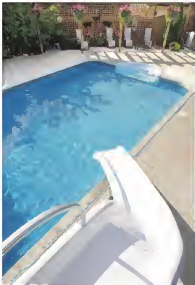


SPACES

WHY When the two decided to sell their cabin at Jackfish Lake, they needed an alternative. "There kids and grandkids didn't get to the lake as often, and the couple found it was becoming a hassle to go back and forth between the cabin and the city. Not to mention the amount of work it took them to maintain the cabin." Our flowers were dying there, our flowers were dying here and we said, 'hey that's enough of this life. I'll sell the cabin and put in a pool.' Tom says the pool is usually occupied in hot days — he has six grandkids, all of whom only live a few blocks away.

HOW The couple hired professionals to help with the development. A specialist came in and designed the layout of the yard — right down to the planting of certain flowers and where to put the pond. They consulted an expert to create parts of the yard get lots of sun in the summertime. "He didn't want to write hundreds of dollars a year on flowers because they die," says Tom. Others came in to pour the concrete around the pool and to frame the beds that outline the yard. The couple did much of the remaining work on their own — they planted trees, installed the pond and Tom built the lattice work that decorates the fences and outdoor kitchen. The yard is functional and well thought out — right down to the pool cover. It's electric and extremely simple. They installed all six of their grandkids' storage on top of the cover. "You cannot get in this pool unless you cut it open," Tom explains. The bottom that opens and closes the pool cover is enclosed in a locked box.

QC PHOTOS BY MICHELLE BIRN
AND GORD WALDRON



GARDENING

SASKATCHEWAN HORTICULTURE

Advice for wasp season

By Erl Svendsen

Wasps are beneficial insects, even the ones that occasionally sting. They are busy pestinating or otherwise preying on pesky houseflies or soft-bodied caterpillars some of which may be smothering away in your garden.

They are easily recognized: they have two translucent pairs of wings, are hairless (aside from black and yellow or black and white). Of the several species found in the Prairies, it is the paper wasps, hornets and yellow jackets (the ones that I call nuisance wasps) that you need to watch out for.

As a social insect, they live in colonies ranging from less than a hundred to as many as 5,000. You are probably most familiar with the large grey rumbly paper hornet nest, suspended in trees, under eaves or from some other sturdy support. But other types of wasps, like yellow jackets, live underground or in an enclosed location. Others build open nests, not enclosed in paper.

They attack because a nuisance at this time of year, as their numbers are peaking and so they become the food. Backyard nests (or garden nests) and wasp control are rare to attract, as well soft fruits in the garden like cherries and raspberries. I know it's hard to let bad wasp swarms of wasps. A separated wasp releases a scent that will bring their sisters as the same looking for a fight. They will also defend their nests vigorously if you approach too closely or if they feel threatened.

My first wasp sting, only a few years ago, was from a yellow jacket as it latched on next to a rock well beyond a cold drink. It felt like an electric jolt, partly because of the venom itself, but also because the yellow jacket, like the paper wasp, can sting repeatedly. Fortunately I only suffered two more stings plus a small but persistent sore as a reminder. Others say most werep are harmless — at worst,



As swarms close down on the wasps are out in full force. It's easier to tell your pet's a nest if it's caught on soon as it begins to develop. PHOTO COURTESY: C. MONTAGNA

suffering a severe allergic shock.

Control starts as soon as you spot a developing nest around your house and garden. Underground nests are more of a challenge to spot; watch for the sudden appearance of wasps coming from the ground. The entrance is likely surrounded by a small pile of loose soil. There are wasp control products in spray cans capable of shooting great distances. Wait until dusk when the wasps will have retired for the evening. Baited as far back as possible and be prepared to make a quick retreat. Also, for the spring and give the nest a

good dose.

If it is a very large nest, you may have to treat it. If it is a suspended nest, enclose it in a plastic bag or use a plastic bag to hold it tightly at the top to prevent any wasps from escaping. Place it in a freezer overnight to completely kill the colony before disposing.

Indistinct wasp nests are reported to deter wasps from establishing a colony nearby. Wasps are territorial animals and won't encroach into another colony's territory.

If you can't find a nest but are still bothered by wasps, you can hang up

a wasp trap to reduce their numbers. These are available from garden centers. For a simple one you can make yourself, start with a one- or two-liter plastic pop bottle. Cut the top off below the shoulder. Invert the top and insert it into the bottle (remember to remove the BPA lining up the cut waters). Take a hole punch and make a couple of holes through both the top and bottom portion on opposite sides of the bottle. Thread a cord through the holes to allow you to hang your trap.

Next, bait your trap. If you're hanging it on the spring, use a small

piece of raw meat (not chicken) with a little bit of water — you might even try a square of ham. If it's later in the season, add a little bit of honey (or a sweet liquid sugar-water, pure, wide gap etc.) plus a squirt of liquid dish soap. Once a wasp enters the trap, they have a difficult time figuring out how to exit.

Remember to empty the trap regularly and be wary of live wasps. Bury or flush the dead wasps to avoid attracting their angry, vengeful sisters. One final tip: Place the trap away from where you, your children or pets spend time.

READ MY BOOK

#ALISON LOHANS

Collapse of the Veil, Crossings

Imagine our frontier Regina on the brink of ecological collapse. Due to extraordinary events beyond imagination, imagine the Wisconsin Creek area a thousand years in the future post-collapse, populated only by a shrinking handful of people who have managed to survive after centuries of living underground, until it was finally safe to live on the open air. Imagine two related series: one in present-day the other in the distant future, and one of them with terribly bad gender power.

Collapse of the Veil (Bantam Press, 2010) and *Crossings* (Bantam Press, 2012) are my 20th and 21st books respectively in this "Two Ages Through Time" series, readers will meet Kaito, an ecology teacher who no longer fits in with her



Author
Alison Lohans

friends after her baby Tyler, was born. During a hot, dry, "summer of the grasshopper," Kaito falls through a time channel into a place very like the Wisconsin Creek area she'd just left — except the only has watched, having only open probe. Here in *Aurorian*, her local resistance is quickly heard by Kaito, a failed deer whose mission is to find the mythical T'leau, failed infant from the post-apocalyptic before Collapsing, who is the only one said to be able to save *Aurorian* from certain

death. Kaito's baby Tyler is that T'leau of *Aurorian*. During the course of these two novels for teens and adults readers will witness conscience-wrenching quadrangles (and a second Regina timeline) as the main characters go through several time-crossings and always with the best of intentions. Logicians are forged and tested, always with the goal of saving humanity — now, and a thousand years in the future.

The books may be purchased from *Book & Bites* www.bookbites.ca, 306-593-0215; Bantam Press, www.bantampress.com, or at my website: www.alisonlohan.com.



LOCAL AUTHORS:
Writers tell us what makes
their book worth reading

SUPPORT RIDER SUPPORT READERS

Postmedia
Raise a Reader™
LEADER-POST

GET GAME TICKETS NOW!

For a minimum donation of \$40 to the Leader-Post Raise-a-Reader fund, you will receive 2 tickets* to the September 22 or October 7 Saskatchewan Roughrider home game.

BC vs. Saskatchewan
Sunday, September 22
2:30 pm • Mosaic Stadium

OR

Edmonton vs. Saskatchewan
Saturday, October 12
2:30pm • Mosaic Stadium

Make your donation at Leader-Post Classifieds, 1964 Park Street, Regina, SK. Monday to Friday, 8:30 a.m. to 4:30 p.m.

*Section 32 only. While supplies last. Maximum 6 tickets per person/week.

EVENTS

What you need to know to plan your week.
Send events to qc@leaderpost.com



From left: Trent Duggan, Duggan's on Stage; Trent Duggan, Duggan's on Stage; Trent Duggan, Duggan's on Stage; Trent Duggan, Duggan's on Stage.

MUSIC

Wednesday, Sept. 4

Wednesday Night Folk Knitter and The Curiosity Club
Sudbushier
2206 Dewdney Ave.

June Night
Every Wednesday
McAulley's, 2328 Dewdney Ave.

Jeremy Kierul with Belle Plaine and Holan Koster
Creative City Centre
1843 Hamilton St.

Thursday, Sept. 5

The Service
The Pump, 843 Victoria Ave E.

Friday, Sept. 6

Big Chill Plays with DJ Peet
The Exchange, 2431 13th Ave.

Vibesquad, Demian, Ritchie the Kid
The Exchange, 2431 13th Ave.

Bobby Carole
Cinema Regine Show Lounge
1650 Saskatchewan Dr.

Three Trees, 88th City Packers
O'Henry's, 1847 Scotch St.

The Service
The Pump, 843 Victoria Ave E.

Saturday, Sept. 7

The Service
The Pump, 843 Victoria Ave E.

Sunday, Sept. 8

Hilly Sketches
The Club at the Exchange
2431 13th Ave.

Ghost Cousins
The Artful Dodger, 1631 13th Ave.

Monday, Sept. 9

Monday Night Jazz & Blues 'round Midnight
Sudbushier
2206 Dewdney Ave.

Tuesday, Sept. 10

Tuesday Night Troubadour jam night
Every Tuesday, 8 p.m.
Sudbushier, 2037 Park St.

ART

Noon Dreams and Night Dreams
A retrospective of painting and mixed media by Joanne Sherman.
Until Sept. 8, Hagar Gallery, Creative City Centre, 1843 Hamilton St.

Private Exchange
The very best in contemporary fine craft by a cross-section of emerging and established professional craft artists from all across the province.
Until Oct. 4.
Opening: Sept. 18, 7-9 p.m.
Art Gallery of Regina, Neil Salkywell Civic Arts Centre, 2430 Elphinstone St.

Zane Wilson
Sept. 7-Oct. 19
Mystera Gallery, 2706 13th Ave.

How to Make a Monster
Until Oct. 20, Sask. Science Centre, 2503 Powerhouse Dr.

Great at 145: The Juno Year of Canadian Art
Until Nov. 24, Montleart Art Gallery, 2475 Albert St.

The Artists of Scott Nicholson Fine Arts
New exhibitions quarterly
Until July 31, 2014, Regina Centre Crossing, 1621 Albert St.

Australian Gallery
2286 Scotch St.
Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Reveries Gallery
2145 Albert St.
Open Tuesday to Saturday 10 a.m.-5 p.m.

Serie Fine Art Gallery
2075 Heflex St.
Open Tuesday to Friday, 10 a.m.-6 p.m., Saturday 10 a.m.-5 p.m.

EVENTS

Photo credit: © 2013 by the artist(s) of the image(s) used in this advertisement. All rights reserved. No part of this advertisement may be reproduced without the written permission of the artist(s). All other rights reserved. No part of this advertisement may be reproduced without the written permission of the artist(s).



Vin Diesel's face in *Riddick*, which opens after midnight in theatres this Friday.

COMEDY

Comedy Grid
Every Saturday night
Dads & Co.
3330 Gwendray Ave.

THEATRE

50 Shades: The Musical
Sept. 5, 6 p.m.
Columbia Arts Centre,
350 Lakeshore Dr.

SPECIAL EVENTS

Kick off for Elite Sport Venture
Monday Night Football League
Youth between 8-16 can sign up for
free side-of-the-field clinic.
Sept. 4, 5 to 7:30 p.m.
Moscow Stadium

Monthly ALES homebrewing club
meeting
New members welcome
Sept. 4, 6 p.m., Bushwacker basement
clubroom, 2004 Gwendray Ave.

U of W Home vs. Calgary Blues
Sept. 6, 7 p.m.
Mosaic Stadium

Regina Arts vs. Prince Albert
Sept. 6, 7 p.m.
Broadway Centre, Evans Place

Regina Flantern 'N' Market
Every Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

Victorian Tea
Hosted by the Government House
Historical Society
Sept. 7 and 8
1 and 2:30 p.m. sittings, call 781-5363
for reservations
Government House

4667 Gwendray Ave.

Pile O' Bones Derby Club roller derby
Sept. 7, 7 p.m.
Calleo Curling Club 3225 Sandra
Schmidt Dr.

Wingspatch Magazine's 40th Anniversary
Live music, food and more
Sept. 7, 7 p.m.
The Artisan, 3627 130th Ave.

Queen City Marathon
Sept. 8, 6 a.m.
Wascana Centre, around Regina

Perkinson SuperWalk
Sept. 8, 11 a.m. registration
U of R Centre for Kinesiology, Health
and Sport

President's Breakfast for Athletics
Featuring Jennifer Hentzer
Sept. 9, 7-9 a.m.

Elm Place, Queensbury Convention
Centre

Probus Club of Regina meeting
Meeting for retirees
Sept. 9, 9:30 a.m., Nell Gailwell Centre,
3420 Eglinton St.

NEW MOVIES

Riddick
Auron
Riddick (Vin Diesel) has been left
for dead on a sun-scorched planet
that appears to be lifeless. But soon
he finds himself fighting for survival
against alien predators. The only way
off is for Riddick to activate an emergency
beacon and alert mercenaries
who easily descend to the planet in
search of their bounty. The first step
to enslave carries a new breed of merc,
more brutal and violent, while the
second is captured by a man whose

pursuit of Riddick is more personal
with time running out and a storm
on the horizon that no one could
survive. (No hunters won't leave the
planet without Riddick's head as their
trophy)

Galaxy Cinema
430 McCarthy Blvd. N
306-522-9000

Cineplex Odeon
Southend/Mel Cinema
3625 Gordon Rd./306-565-3363

Regina Public Library Theatre
2311 12th Ave., 306-777-8154

Kinross Imax
350-3700 Prince St.
306-522-6279

Rainbow Cinema
Golden Mile Shopping Centre
3806 Albert St., 309-359-5250

ON THE SCENE

The Regina Symphony Orchestra held the Opera Gala preview on Aug. 28 on the rooftop at Mosaic Tower.

REGINA SYMPHONY ORCHESTRA



Dreams of music fans attended this Regina Symphony Orchestra's Opera Gala preview on Aug. 28, held on the rooftop of the Mosaic Tower downtown.

Promoting the orchestra's season opening concert being held later this month, the event featured members of the symphony, as well as former Won life Chex, who is one of the soloists

that will perform at the Sept. 20 concert.

1. Allison Kuff and Teresa Johnson

2. Lynn Goldman, Ed Minevich and his wife Pauline

3. Mary Shirkie and Jane Belter

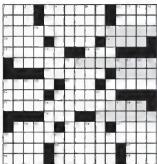
Continued on Page 22

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Observed while for short
4 Something often disavowed
10 Capital of Iceland
14 Chinese calendar flower
16 Building assets
18 Refuse
19 With 23 Across, fell to ease with official observations
20 Burns (only former notations)
21 One in a half
22 See 17 Across
23 Sublime Dark Lord of Mordor
25 Gaily, boys don't want to waste it
27 With 28 Across, halfway up meaning "over there"
34 Full yearling not
35 See 27 Across
36 Usually feminine
40 Line of ancestry
41 Former guest laureate
42 Day Lines
43 Where a discount
45 Spread from Arnold Palmer



DOWN

- 3 Black and white
5 Thrifts
7 When people get excited they have
9 Center of a square
11 200-200
12 Language known as
13 What's the acceleration of free fall
14 1000 feet
15 1000 feet
16 1000 feet
17 1000 feet
18 1000 feet
19 1000 feet
20 1000 feet
21 1000 feet
22 1000 feet
23 1000 feet
24 1000 feet
25 1000 feet
26 1000 feet
27 1000 feet
28 1000 feet
29 1000 feet
30 1000 feet
31 1000 feet
32 1000 feet
33 1000 feet
34 1000 feet
35 1000 feet
36 1000 feet
37 1000 feet
38 1000 feet
39 1000 feet
40 1000 feet
41 1000 feet
42 1000 feet
43 1000 feet
44 1000 feet
45 1000 feet

JANIRI CLASSIC SUDOKU

Levels: 1-4

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 26.

SUPER SEPTEMBER TRADE AND CRAFT SHOW

SUNDAY SEPTEMBER 8.

12:30 - 4:30
Located at the Eagles Club - 6000 Highway 101

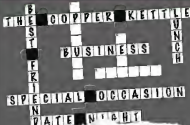
From beauty and personal items to food and home decor, the Super September Trade and Craft Show has something for everyone.

Free Admission

MR. LUBE presents...

RiderFanPhotos

See all Rider Fan Photos at leaderpost.com/rfp
LEADER POST



You Fill In The Rest!



Dine with COPPER KETTLE

Gift Certificates available!

1953 Scarth St.

306-525-3545

Are you on Twitter? So are we! Say hello at: [@qcregina](https://twitter.com/qcregina)



4. Marie Noelle Barthelette

7. David McIntyre, Brian and Dianne Burrows

5. Lorry and Elva Kyle

6. Doreen Souliere, Jocelyn Souliere and Doreen Pyscove

8. BDO executive director Mason Antoshin



QC PHOTOS BY BRYAN SCHLOSSER

OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie Mickey creates a funny illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to sp@mickypost.com by Monday at 9 a.m.

One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's OC coloring contest winner was **Maryssa Senede**, age 9. Congratulations! Thanks to all for your colorful submissions. Try again this week!

Crazy
Garlic Fries



CRAZY GOOD!

Try our skin-on fries adorned with chopped garlic and parmesan cheese. Yikes, these are good! Share them if you can!

Ricky's
RESTAURANT & BAR

777 Albert Street • 306.775.3000
regina.gotorickys.com



35th ANNIVERSARY CELEBRATION

NO PAYMENTS FOR
90 DAYS OAC

2012 Chevrolet Silverado 1500

2012 CHEVY 1500 LT crew cab, 4x4, 3.6L V6, 15000 miles, 15000 miles, 15000 miles



\$25,900 PST PAID

2010 GMC Sierra 1500 SLE

2010 GMC SIERRA 1500 SLE, 4x4, 3.7L V6, 15000 miles, 15000 miles, 15000 miles



\$25,900 PST PAID

2008 Honda Accord EXL

2008 HONDA ACCORD EXL, 4x4, 2.4L I4, 15000 miles, 15000 miles, 15000 miles



\$18,900 PST PAID

2010 Lexus RX 350 Premium 2 SUV

2010 LEXUS RX 350 PREMIUM 2 SUV, 4x4, 3.5L V6, 15000 miles, 15000 miles, 15000 miles



\$33,900 PST PAID

2012 SCION iQ Hatchback

2012 SCION IQ, 4x4, 1.5L I4, 15000 miles, 15000 miles, 15000 miles



\$15,900

2010 Toyota Camry Hybrid XLE

2010 TOYOTA CAMRY HYBRID XLE, 4x4, 2.5L I4, 15000 miles, 15000 miles, 15000 miles



\$22,900

2011 Toyota Yaris LE

2011 TOYOTA YARIS LE, 4x4, 1.5L I4, 15000 miles, 15000 miles, 15000 miles



\$13,900

WEEKEND SPECIALS



2010 Toyota Tacoma TRD

\$28,900



2010 Lincoln MKX Premium SUV

\$31,500 PST PAID

2012 Toyota Avalon XLS

2012 TOYOTA AVALON XLS, 4x4, 3.5L V6, 15000 miles, 15000 miles, 15000 miles



\$36,900 PST PAID

2010 Toyota Tacoma TRD 4x4

2010 TOYOTA TACOMA TRD 4x4, 4x4, 3.5L V6, 15000 miles, 15000 miles, 15000 miles



\$31,500

2011 Mazda Mazda6 GS Sedan

2011 MAZDA MAZDA6 GS SEDAN, 4x4, 2.3L I4, 15000 miles, 15000 miles, 15000 miles



\$17,900 PST PAID

2010 Toyota Prius B-Package

2010 TOYOTA PRIUS B-PACKAGE, 4x4, 1.8L I4, 15000 miles, 15000 miles, 15000 miles



\$20,900

2012 Toyota Yaris LE Hatchback

2012 TOYOTA YARIS LE HATCHBACK, 4x4, 1.5L I4, 15000 miles, 15000 miles, 15000 miles



\$15,500

Visit
www.taylortoyota.ca
to see our inventory

Satisfaction is Taylor Made
www.taylorautogroup.ca

Taylor
LEXUS TOYOTA

Lexus
Certified
used vehicles

Toyota
Certified
used vehicles

ON THE BROAD STREET AUTO MILE.
www.taylortoyota.ca

TAYLOR'S USED VEHICLES
605 BROAD ST.
569-8777
DL# 915804

CITY FACES

PASQUA HOSPITAL

Volunteering an enriching experience

By Pamela Cowan

Alice Johnson has worked for more than three decades at the Pasqua Hospital's gift shop and not earned a nickel, but she believes volunteering makes her life much richer.

"The feeling you have when you help someone, lending to someone who is upset about a loved one who is sick and making them feel better just by listening to them, the smile you have when you look at the list of equipment bought and knowing that you helped provide this equipment to someone patient here — these are all things that bring a volunteer around and we are paid many times over for what we do," said the 59-year-old.

Johnson is one of 168 active volunteers at the Pasqua Hospital. For more than 30 years, Joy String has been her shadow at the gift shop. The woman met in 1986 when they were classmates on a school trip; their sons took to North Dakota.

On the bus, Johnson enthusiastically told String how much she enjoyed volunteering at the Pasqua Hospital gift shop.

"At that time, I was looking for someone to help me with the ordering," Johnson said. "By the time we got home, Joy was a volunteer and my new assistant. We still laugh about that. Joy tells everyone 'Never sit beside Alice on a bus!'"

The friends share many laughs while sharing their time and talents at the gift shop.

After raising her children, Johnson started volunteering while working part-time at retail stores. Her retail experience is handy when she and String go on poorly timed trips to Toronto to purchase merchandise for the shops.

Their picks are popular. Many report customers go to the hospital gift shop to buy the shoe.

Since 1993, the volunteers have raised almost \$3 million to donate towards a long list of medical hospital equipment, which includes ICU



Pasqua Hospital Gift Shop volunteers Alice Johnson (left) and Joy String say their volunteering has a positive impact on their community. (LPC PHOTO BY PAMELA COWAN)

bedside monitors, electric beds, lab equipment, transport chairs and getting lifts. Last year alone the Pasqua Hospital volunteers raised \$111,000.

Over at the Regina General Hospital, 260 volunteers put in countless hours to make a difference in the lives of patients, their families and staff.

Johnson and String estimate they work about 100 hours a month

"Joy and I do not have a regular shift in the gift shop," Johnson said. "We do the ordering, the displays in the shop and make sure that the shop runs smoothly and efficiently. During our Christmas season, we will work every day — we both just love it."

Open seven days a week, the gift shop is kept running by three shifts of volunteers with five volunteers on

each shift. Work starts on Sundays, when there is only one shift of volunteers.

A lot of our volunteers are 70 and 80, but we do have some younger ones and we actually have two men that work for us too, which is really nice," Johnson said.

Many of the volunteers have their 30-year pins.

"Week after week they work these

shifts in the gift shop and also do extra shifts when needed," Johnson said. "It's an enjoyable place to be. You have a purpose in life and you are doing something good for your community."

Constantly recruiting new volunteers, she added, "Come and join us — it will be the best decision you've made and you will also make many new friends."

SHARPEATS

See a food trend you think deserves a highlight in QC?
Email QC@leaderpost.com
or visit us on Facebook

#SASKATCHEWAN FOOD TRENDS

Urban agriculture projects engage community

By Jenn Sharp

Urban agriculture projects are an ingenious solution to several problems and benefit the community in many ways. These community gardens can make excellent use of neglected vacant lots or empty, unused parks, while providing food for hungry people. People who use the garden are also empowered as they gain control of their own food production.

In Regina, the Carmichael Out reach runs their community garden in a formerly vacant lot in the 1800 block of Halifax Street. The Saskatchewan Food Bank's Garden Patch is located on a 1.5-acre site on Third Avenue North. Both gardens are volunteer-driven.

In Regina, the vegetables are used to supplement the Carmichael's food recovery program. Nicholas Olson, the program's coordinator, plans and cooks the daily meals all of which start with a bag pot of rice, pasta and/or cornmeal every morning in the centre's tiny kitchen. The lunch is served from 11 a.m. to noon, then again from 1 p.m. to whenever the food runs out. Olson estimates they're serving up to 200 people per day. Volunteer garden produce doesn't get used in the meals as pot food for clients to take home.

Working with fresh produce can be difficult — especially when cooking for large numbers. Olson is always in need of volunteers to help prepare the day's meal.

"It's a huge bonus to ensure the food that we serve is at least approaching a healthy balanced meal," he says.

If you're interested in helping out, drop by the Carmichael Outreach at 1808 Doker St. to fill out a form.

Volunteers and staff from the Saskatchewan Food Bank grow most of the food at the Garden Patch

but businesses and other institutions can also adopt plants and are responsible for planting, tending and harvesting the vegetables. All the vegetables are taken to the Food Bank and distributed to food hampers for clients.

The Food Bank also organizes volunteer days where clients are encouraged to lend a hand in the garden.

"A big part of it is trying to get people engaged that are using the Food Bank as well," explains Brett MacDonald, the organization's urban agriculture coordinator.

The garden provides the perfect opportunity to get people that may be intimidated, excited about growing their own food.

"Hopefully we're creating a really safe environment that makes people say 'Hey, this is easy!'"

Thus far, MacDonald is developing an educational component for Food Bank clients to teach them about preserving the harvest using spices and common herbs in cooking and even win preserving. The knowledge that food can be grown anywhere and learning the skills to do it — in a pot on your patio for instance — is invaluable information.

"It's really empowering to take control of your food in that way," she says.

If you're interested in volunteering Wednesday bag pots until the end of September from 4 to 5 p.m. To volunteer during the fall harvest, email brett.mcgill@foodbank.org or call 366-6955.

To learn to visit www.saskfoodbank.org or get involved at the garden patch 2013. Or see the Garden Patch web site that details and learn about farming your own team to adopt a 300-gallon plot.

Are you interested in a community project? Visit bit.ly/1333333. Email ASAP@metropost.com. Twitter: [metropost](https://twitter.com/metropost)



The Carmichael Community Garden is located in a vacant lot in the 1800 block of Halifax Street in Regina. go.hknews.ca

